



CITY OF COLLEGE PARK SENIORS PROGRAM NEWSLETTER

FOR CITY OF COLLEGE PARK SENIORS

Greetings College Park Seniors,

2020 PRESIDENTIAL ELECTION – NOVEMBER 3



Election Day

Tuesday, November 3

7am to 8pm

*Voters in line at 8 pm
will be able to vote.*

Mail-In ballots must be
postmarked or in designated
drop box by 8pm

City Special Election

Sunday, November 8

Veterans Day

Wednesday, November 11

Thanksgiving

Thursday, November 26

MEDICARE OPEN ENROLLMENT

Medicare open enrollment is October 15th through December 7th. Recipients may switch plans during this time frame. If you are dissatisfied with your present coverage or have different coverage needs, this is your window of opportunity to compare plans and select a different Medicare Advantage, Prescription Drug Plan or Medigap policy for 2021.

Options to compare or change coverage include:

- Online at **medicare.gov**
- Contact **Medicare** at **1-800-633-4227**
- Contact **MD Senior Health Insurance Assistance (SHIP)** at **301-265-8471**
- Contact City Seniors Program and schedule a telephone appointment to navigate through enrollment process with Fatima Knight or Angie Burns at 301-345-8100.

DISTRICT 2 SPECIAL ELECTION

**Sunday
November 8, 2020
9am to 6pm**

On Sunday, November 8, 2020, District 2 will elect a Councilmember to fill the vacancy created by the resignation of Councilmember P. J. Brennan. The City Clerk's Office handles all election related information.

240-487-3501 • election@collegetparkmd.gov

IMPORTANT PHONE NUMBERS

Seniors Program 301-345-8100
Medicare 1-800-633-4227
Social Security 1-800-772-1213

City of College Park Seniors Program Staff

Angie Burns Seniors Program Manager
Fatima Knight Seniors Advocate
Deidre Massey Administrative Assistant
Donna Jones Seniors Social Coordinator

Bus Operators: Marina Guzman
James Eubanks
Joseph Shearin

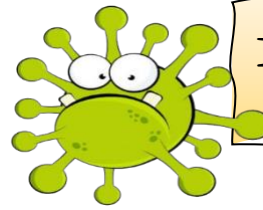
Thanksgiving is traditionally a time of celebration, a time of giving thanks with family and close friends. It's a time of participating in honoring lifelong traditions. Folks gather together and engage in storytelling. Large feasts are prepared and consumed. Laughter fills the room as great times are remembered. A photo or two or three are taken to commemorate the occasion. Sports enthusiasts watch and play football, brag on their teams and bash the opposing teams. Movie marathons are watched. In a moment of time, those absent from the festivities are remembered. A good old time is had. "Eat, drink and be merry."

In preparation for Thanksgiving (and all the days that follow) begin composing a gratitude list. Spend a few minutes each day or every other day (at least a regular basis), to focus and list at least 3 things for which you are truly grateful. It only requires a few minutes. Concentrate and realize how much of life is taken for granted. There is no right or wrong way to write. The list is for your eyes only. Reflect on your gratitude journal regularly to help stay positive and focused.

Give thanks – for all that's great and good. The glass is "half full." So, celebrate and give thanks for life!

This 2020 Thanksgiving is quite different. We social distance, face time loved ones, call others on the phone, post pictures and comments, make video calls. We still eat more than we ought to, laugh and share stories, cheer on the Washington team and "trash talk" the other team. Break the wishbone. It really is a wonderful life.

Happy Thanksgiving!



FLU SHOT
Now's the time to Get It!

The City of College Park Seniors Program will provide transportation to Beltsville Pharmacy to obtain Flu Shots. Please take your photo ID, Medicare and any additional insurance cards.

Call 301-345-8100 to schedule transportation.

AARP Recommended Readings:

"Eleanor"

by David Michaelis

This biography of Eleanor Roosevelt portrays her childhood, role as first lady and human rights champion.

"His Very Best: Jimmy Carter, A Life"

by Jonathan Alter

This is a biography of the 39th president of the United States.

"Wild Thing: The Short, Spellbinding life of Jimi Hendrix"

by Phillip Norman

Read the story of one of the greatest guitarist of all time.

To contact Senior Program staff please call 301-345-8100.

** If you would like to receive a monthly email version of the College Park Seniors Newsletter, sign up by visiting: www.collegeparkmd.gov/cpconnect

The newsletter is also available for viewing online in the Social Activities Section on the city website: <https://www.collegeparkmd.gov/seniorsprogram>